

# Nutrition Packet

OCTOBER





# Apple Salad

## INGREDIENTS\*

- 2-3 large, tart **apples**, washed
- 1 Tablespoon lemon juice
- 2 ribs **celery**, washed
- ½-¾ cup walnuts or pecans
- ½ cup **dried cranberries** OR **raisins** OR **dried cherries** OR mix them all together
- ½ cup plain Greek yogurt
- ½ teaspoon cinnamon
- 2-4 Tablespoons maple syrup OR maple sugar

Source: LTBB Odawak FDPIR and Community Health programs

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

### LINKS:

**Youtube:** <https://youtu.be/3Dfd-UBxEhU>

**Instagram:** [https://www.instagram.com/tv/CTzr5HJgiRF/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CTzr5HJgiRF/?utm_source=ig_web_copy_link)

**Facebook:** <https://business.facebook.com/InterTribalCouncilMichigan/videos/1008298659949820/>

**Download:** [https://itcmy.sharepoint.com/:v/g/personal/mwillette\\_itcmy\\_org/EQPjUFcxIMpKmnagDhVzVZ8BbfaFp2TGyruK4V87HuOJEQ?e=Mkiqcf](https://itcmy.sharepoint.com/:v/g/personal/mwillette_itcmy_org/EQPjUFcxIMpKmnagDhVzVZ8BbfaFp2TGyruK4V87HuOJEQ?e=Mkiqcf)

## INSTRUCTIONS

1. Wash your hands before preparing food.
2. Wash apples. Core and dice apples into bite-sized pieces and place in a bowl. Sprinkle with the lemon juice and toss gently to coat all pieces with lemon juice.
3. Wash celery and slice thin. Chop nuts into small pieces.
4. Add celery, nuts and dried fruit to bowl with apples, and mix well.
5. Mix the yogurt with cinnamon and maple syrup or sugar in a small bowl. Pour over apple mixture and toss together gently.
6. Let mixture sit in refrigerator for about 30 minutes before serving.

### NOTES AND IDEAS:

- A mix of apples works well in this salad — Granny Smith are delicious.
- This dish is best eaten on the day it was made.
- Vanilla yogurt can be used in place of plain.
- **Dried fruit and nut mix** can be used for dried fruit and nuts.

# Chicken and Wild Rice Soup (Serves 6-8 people)

## INGREDIENTS\*

- 1 cup uncooked **wild rice**, rinsed and drained
- 3 cups water
- 1-pound boneless skinless **chicken breasts**
- 4 cups water
- 2 Tablespoons **vegetable oil**
- 2 Tablespoons **butter**
- 1 small **onion**, peeled and diced
- 2 medium **carrots**, washed and sliced thin
- 2 **celery** ribs, washed and sliced
- ¼ cup **all-purpose flour**
- 6 cups (1½ quarts) chicken broth, homemade or low-sodium OR water
- ½ teaspoon dried rosemary OR a small sprig of fresh rosemary
- 2 Tablespoons finely-chopped fresh parsley OR 1 Tablespoon dried parsley
- 2 cups **1% milk** (this can be omitted to make a clear broth soup)
- Salt and black pepper

Source: LTBB OdawaK FDPIR and Community Health programs

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

## INSTRUCTIONS

1. Wash your hands before preparing food.
2. In a medium saucepan, combine rinsed wild rice and water. Bring to a boil, reduce heat to simmer, cover the pan and cook for 30 minutes.
3. Place chicken breasts in 4 cups of water in large kettle. Boil gently for about 15 minutes if thawed, or about 25 minutes if still frozen. After the chicken is cooked, use tongs or a cooking fork to remove the chicken from the cooking water and carefully cut into bite-sized pieces. Save the cooking water to use as broth for the soup.
4. In the meantime, heat vegetable oil and butter in a large stockpot over medium- high heat. Add onion and sauté for 5 minutes, stirring occasionally. Add carrots and celery and sauté for 3 more minutes, stirring occasionally. Add in the flour and stir continuously to make sure there are no large clumps and that all flour is coated with fat.
5. Add chicken broth or water (this is a good place to use the cooking water from the chicken), stirring constantly. Add the rosemary, chicken breast pieces and wild rice. Cook and stir over medium heat for about 10 to 15 minutes or until the soup is slightly thickened and the rice is tender.
6. Add the parsley and milk (if using) and heat until piping hot but not boiling.
7. Taste and season the soup with salt and black pepper as needed. Serve hot.

# Make Your Own Salad Dressing



Homemade salad dressing is a quick, healthy, and low-cost alternative to bottled dressing—and it tastes great. Homemade dressings tend to be lower in sodium (salt) and added sugars. Simple dressings take minutes to make and use only a few ingredients. Learn how easy it can be.

## DRESSING COMPONENTS

Most dressings need a fat, an acid, and seasoning. Below are examples of each:

- Fat: oil, pasteurized egg, mayonnaise, sour cream, yogurt, or cheese
- Acid: lemon, lime, or orange juice, or any type of vinegar
- Seasoning: fresh garlic and shallots; garlic and onion powder; mustard; salt and pepper; herbs like oregano, parsley and chives; and spices like curry powder, paprika, and celery seed

## EQUIPMENT

- Measuring cups and spoons
- Mixing bowl or jar with lid
- Whisk

## HOW TO MAKE SALAD DRESSING

Use these basic steps for most salad dressing recipes:

1. Measure out the ingredients.
2. Whisk all ingredients, except the fat, in a medium-size bowl. Slowly pour in the fat while whisking the ingredients together. Or add all ingredients (including the fat) to a jar with a screw-top lid. Tightly screw on the lid and shake the jar until all ingredients are well combined.
3. Unless the recipe states otherwise, the dressing is ready to use on salad or other dishes.
4. Refrigerate dressing in a sealed, airtight container (like a jar) for up to 7 days.





# Make Your Own Salad Dressing (continued)

## DRESSING RECIPE IDEAS

### LEMON VINAIGRETTE:

- Squeeze the juice of 1 lemon into a bowl. Remove any seeds. Add salt and pepper to taste and whisk well to combine. Slowly whisk in  $\frac{1}{4}$  cup extra virgin olive oil. Makes 2 servings.

### BALSAMIC VINAIGRETTE:

- Finely chop 1 clove peeled garlic. In a medium-size bowl, whisk together  $\frac{1}{4}$  cup balsamic vinegar, 1 teaspoon honey, and salt and pepper to taste. Add the garlic to the bowl and whisk well to combine. Continue to whisk while slowly adding  $\frac{1}{2}$  cup extra virgin olive oil. Makes 6 servings.

### STREAMLINED BALSAMIC VINAIGRETTE:

- In a small bowl, whisk together  $\frac{1}{4}$  cup balsamic vinegar and salt and pepper to taste. Continue to whisk while slowly adding  $\frac{3}{4}$  cup extra virgin olive oil. Makes 8 servings.

### HONEY-MUSTARD DRESSING:

- Add  $\frac{1}{4}$  cup honey,  $\frac{1}{4}$  cup Dijon mustard,  $\frac{1}{4}$  cup reduced-fat plain Greek yogurt, and  $\frac{1}{8}$  teaspoon kosher salt to a medium-size bowl. Whisk well to combine. Add pepper to taste. Makes 6 servings.

### CREAMY AVOCADO DRESSING:

- In a blender, mix together 1 fresh avocado (peeled),  $\frac{1}{4}$  cup plain Greek yogurt, 2 tablespoons olive oil, 2 tablespoons lemon juice, 1 teaspoon Dijon mustard, and salt and pepper to taste. Add water if needed to help adjust the consistency. Makes 6 servings.

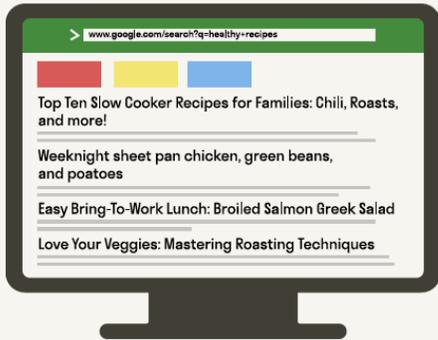
## SALAD DRESSING TIPS

- Whisk  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon Dijon mustard into salad dressings. The mustard adds flavor and acts as an emulsifier to prevent the oil and vinegar from separating.
- To trim calories and fat when making creamy dressings, use low-fat or fat-free Greek yogurt or reduced-fat sour cream or mayonnaise in place of full-fat versions.
- Homemade dressings aren't just for salads. Try vinaigrette dressings as a tasty marinade for meat, poultry, seafood, or vegetables. Or toss chopped vegetables with dressing and roast or grill. Creamy dressings serve double duty as dips or condiments on sandwiches and burgers.

# Healthy Recipe Finder

You can find an abundance of wholesome and nutritious recipes online—and they’re free! Many sites also include short videos or step-by-step photos to help show how to prepare a recipe. Be sure to check if recipes provide nutrition information, and the serving size used to calculate the calorie and nutrient amounts.

Below are a few sites to get you started, and space to write in some more ideas.



- **Academy of Nutrition and Dietetics, Food and Nutrition Magazine:**  
[www.foodandnutrition.org/tag/recipes](http://www.foodandnutrition.org/tag/recipes)
- **Cooking Light:**  
[www.cookinglight.com/food/quick-healthy-recipes](http://www.cookinglight.com/food/quick-healthy-recipes)
- **Eating Well:**  
[www.eatingwell.com/recipes](http://www.eatingwell.com/recipes)
- **Epicurious:**  
[www.epicurious.com/search/?specialconsideration=healthy](http://www.epicurious.com/search/?specialconsideration=healthy)
- **Food and Health Communications:**  
[www.foodandhealth.com/recipes.php](http://www.foodandhealth.com/recipes.php)
- **Food Network’s Healthy Eats Recipes:**  
[www.foodnetwork.com/healthyeats/recipes](http://www.foodnetwork.com/healthyeats/recipes)
- **Mayo Clinic Healthy Recipes:**  
[www.mayoclinic.org/healthy-lifestyle/recipes](http://www.mayoclinic.org/healthy-lifestyle/recipes)
- **USDA ChooseMyPlate.gov Recipes, Cookbooks, and Menus:**  
[www.choosemyplate.gov/recipes-cookbooksand-menus](http://www.choosemyplate.gov/recipes-cookbooksand-menus)
- **USDA MyPlate Kitchen:**  
[www.choosemyplate.gov/myplatekitchen](http://www.choosemyplate.gov/myplatekitchen)

## MORE RECIPE SITES AND COOKBOOKS

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# Healthy Recipe Finder (continued)



## HOW TO SPOT A HEALTHIER RECIPE

Use this checklist when reviewing recipes to help pick healthier options. Remember, too, that many recipes can be modified to swap out healthier ingredients or reduce the amounts of added sugars, sodium, and less-healthy fats.

- **The main ingredient is from one of the MyPlate food groups.** This can include lean protein (meat, poultry, seafood, eggs, legumes), vegetables, fruit, whole grain, or skim/nonfat dairy.
- **The recipe offers plenty of veggies.** Look for recipes that include at least 1 cup of colorful vegetables per serving. You can often add more veggies, such as colorful peppers, dark leafy greens, carrots, zucchini, tomatoes, and more, to many types of recipes.
- **It includes whole grains for more fiber.** Options can include whole grain pasta, brown rice, barley, quinoa, oats, spelt, farro, or a bread product made with whole grain flour. Bean-based pastas are also a good source of fiber.
- **It uses healthier cooking methods and ingredients.** Look for recipes that call for baking, roasting, broiling, or grilling. Deep frying and pan-frying tend to be higher in fat. When possible, use healthier fats, such as olive oil, canola oil, and avocados in place of butter or stick margarine, and lower fat versions of milk, yogurt, and cheese.
- **Saturated + trans fat is less than 10% of calories.** Check the nutrition information per serving to see if the recipe meets this criteria. There may be options to substitute or modify the recipe to lower this amount.
- **The recipe includes lower sodium ingredients.** Many packaged and prepared ingredients, such as sauces, dressings, condiments, cheese, and canned foods, can be higher in sodium. If possible, substitute a lower sodium version. Check the nutrition information per serving to see how it contributes to the suggested maximum level of 2,300 mg sodium per day.

# Binaakwii Giizis – Falling Leaves Moon

## 9TH MOON - OCTOBER

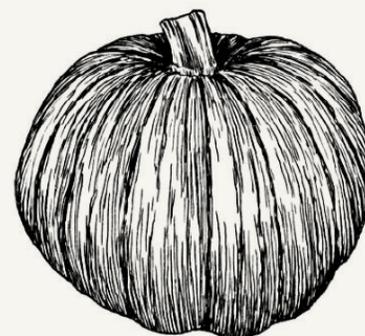
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Dagawaagin	Duh-gwah-gin	Autumn
Binaakwii Giizis	Bin-nah-kwee-gee-zis	Falling Leaves Moon
Zhaangaswi	Zhahng-gus-wih	Nine
Indinawemaagan	In-dih-nah-way-mah-gun	My Relative
Ozaawikosimaan	O-zah-wih-koe-sih-mawn	Pumpkin
Miinikaan	Mee-nih-kahn	Seed

\*In the White Earth Indian Community, the 9th Moon is called Falling Leaves Moon. What is the name for the 9th Moon in your community? Who would you ask to find out?

### OZAAWIKOSIMAAN (PUMPKIN) IS OUR RELATIVE

#### SQUASH NUTRITION INFO:

- High amounts of Vitamin A (as Beta Carotene)
- Antioxidant and anti-inflammatory Protects lungs against lung cancer, emphysema
- Heart protective— helps prevent cholesterol buildup, lowers risk of heart attack and stroke
- Regulates blood sugar (may help manage diabetes)



### 13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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